



RECOMMENDED ITEMS TO BRING

- A driver's license, passport or government-issued photo ID
- Insurance Card
- Stationary, stamps, envelopes
- A 30-day supply of all prescribed medications in their original containers. These must have the original label from the pharmacy. Doctor's sample packets cannot be allowed.
 - Names, addresses and phone numbers of health care professionals, referents, family members and anyone else that you would like to be involved in your treatment.
- Modest casual attire (clothing with tears or holes are not permitted, no strapless or crop tops of any kind)
- Clothing for fitness and yoga
- Sleepwear
- Undergarments
- Bathing suit
- Shower Shoes / Flip-Flops for the Shower
- Casual and athletic shoes. A comfortable pair of hiking boots is recommended as well.
- Personal toiletries including shampoo and conditioner, hair products and mouthwash, body lotion and sunscreen, deodorant, shaving cream, toothpaste. All personal hygiene products cannot have alcohol listed in the first 3 ingredients.
- Electronics: MP3 Player (with no games, videos, camera or photos) or CD player. CD's must be original, no burned CDs.
- If you smoke cigarettes or vape, you must bring sealed packages and/or cartons. We do not supply cigarettes, nor do we take responsibility for the acquisition of cigarettes while you are in treatment. Family members may ship cigarettes if the need arises. We have a smoking cessation program for those interested.

PROHIBITED ITEMS

- Cameras
- Cell phones, PDA's, iPods/iPads, computers, portable media or gaming devices.
- Weapons of any kind
- Drugs, alcohol or paraphernalia
- Linens, blankets, pillows. The Arbor will provide all needed linens.
- Metal fingernail files or scissors
- Energy drinks
- Food of any kind.
- Open liquids. i.e. vape juice, contact solution, makeup remover, soaps/ shampoos.
- Open packs of tobacco or vape juice.
- Inappropriate clothing: tight-fitting or revealing clothing, clothing that advertises drugs or alcohol products or use, clothes with holes or tears.
 - Items of excessive value. Expensive watches, jewelry or important documents that could become damaged or lost while in treatment are recommended to be left at home.
 - Cosmetics or personal hygiene products that contain alcohol.
 - Fingernail polish remover or nail glue.
 - All medications must be pre-approved by the Director of Admissions. Any unauthorized prescription medication will be released to family or destroyed upon admission to the facility.